

## FOR WOMEN.

### THE MEDICINE OF SLEEP.

In No Country is it More Neglected Than in America.

Charlotte Observer.

As a people American women sleep less and sleep worse, probably, than the people of any civilized nation. Indeed, our tendency to sleeplessness due in a measure to the very fact of our civilization, which is, in many respects, of the highest. We are more sympathetic, more anxious-minded, more occupied, above all, more nervous, than Europeans are, and less inclined to leisure, to take rest. Our native women, though not generally in any kind of business, are too intense, are keyed up too high, whatever their pursuit, be it pleasurable or serious, to adapt themselves readily to slumber when the strain has been removed. Too often the strain is not removed when they go to bed, and then they toss for an hour or two on their pillows before nature's refreshment comes. They permit their recreations or their duties, or both, to encroach too much on the time they should give to sleep, never remembering that a certain amount of sound sleep is absolutely essential to the preservation of really good health.

Many women think they are well so long as they can keep up and about. They may always feel tired; have frequent headaches, very little appetite, and suffer continually from migraines. They do not take any medicine; they do not need any. And they are right, if they mean drugs, but wrong, if they include any form of restorative, which with them should be sleep—the sleep they steadily deprive themselves of. Sleep is in many cases, notably in such cases as theirs, the best medicine, and the very last that is taken. It is prescribed by the great physician, Nature; has never been known to do harm and usually does incalculable good.

If these tired, listless, headachy women would resolve to try to sleep at odd times, whenever they can, or regularly so many hours, say eight or nine, night after night for months, and execute their resolution inflexibly, their ailments would be apt to disappear. They might be wakeful, have troubled dreams and feverish rest for some weeks, but perseverance will accomplish the unexpected. Sleep is commonly a matter of habit and regularity, and may be won by persistency.

Physical health and mental peace are worth everything else; too high a price cannot be had for them. Life without these scarcely deserves preserving, and they merit in and of themselves the consumption of a little time. Two or three hours more a day consecrated to rest are most judiciously expended, particularly since they may save years later on, and make all the difference between satisfaction and dissatisfaction, serenity and uneasiness. To get full and proper rest in due season is one of the wisest and most profitable of economies, one well worth practicing.

In some of the oldest countries of the East, like China, the people take to their bed and keep entirely quiet, though they may not sleep, as soon as they feel unwell, believing that in this way they will either recover or be the gainers ultimately. And experience is said to justify their belief. The American custom, far more of women than of men, is to avoid lying down so long as one can stand. We seem to think any cessation from labor or activity is serious discredit, and attachment to sleep little short of disgrace. We appear to consider work the highest duty, and to have so little appreciation of pleasure as actually to work in its pursuit. Abstinence from labor of any sort impresses us as a species of surrender, and so we stick to it while we retain any degree of strength.

Women do not understand the amount of sleep they need, or if they understand it they neglect what should be an obligation to themselves—altogether the more profitable. They certainly do not know what a help more sleep would be to them mentally and sanitarially—this in particular—or they would try to get more. A very large proportion of them who are virtually invalids, though they may not admit it; who are rarely cheerful or hopeful, through deranged nerves; who are complaining, fretful, nagging; who cannot imagine what ails them—these are what they are from lack of adequate sleep. They ascribe their condition, their failings, to a variety of causes, but never to the right one—which is, so to speak, under their very eyes, and therefore unsuspected. Many, chiefly they who are fond of society, recognize that incapacity to rest at night, and try to overcome it by narcotics or sedatives, without any permanent success. They substitute artificial for natural means, and pay the penalty. As a rule they sleep worse who sleep least. The true curative is within ourselves, and this truth is steadily dawning on our minds.

The physical regeneration of American women depends on the quantity and quality of their sleep. Their general health has greatly improved in the last two generations by the adaptation to and comprehension of natural laws. But they sleep less—I always have in mind the women of cities—than they did twenty-five years ago, and their complicated life now demands more sleep than ever before. Sleep is a negative blessing, a kind of delightful temporary death, an oblivion of to-day, its disappointments and its pains, an unconscious but complete preparation for the struggles and fatigues of the morrow. It heals, it refreshes, it consoles, it revivifies. It is who sleep, and sleep alone, can—the every day witchcraft of common sense. Let all women yield to its due meed of time.

## OUR MAILS IN THE EARLY DAYS.

They Moved Slowly and the Letter Postage was Very High.

"In Washington's first term an effort was made to spread the mails—to move them at the rate of one hundred miles an hour," writes Ex-President Harrison in his "This Country of Ours" article in September Ladies' Home Journal. "This would have been a notable advance, for the carriers were then taking nearly thirty hours between Philadelphia and New York. The roads were bad and there were many slow ferries. \* \* In 1776 there were only twenty-eight post-offices in the Colonies; in 1795 there were four hundred and fifty-three, and in 1895 there were 70,064. The rates of postage when the department was organized under the Constitution were high: for thirty miles, six cents for one letter sheet; for sixty miles, eight cents; for one hundred miles, ten cents, and so increasing with the increased distance to the maximum, twenty-five cents for distances over four hundred and fifty miles. Stamps were not in use in those days, nor was the sender required to pay the postage in advance. The postage, six cents or twenty-five cents, as the case might be was written by the postmaster on the letter, and, if the sender paid the postage, the word 'paid' was added; if he did not, the postage was collected of the person to whom the letter was addressed. These rates soon yielded a surplus over the cost of the service, spite of the franking privilege which the law gave to Congressmen and the heads of departments. \* \* The demand of the newspapers and periodicals of every class for cheap postage, seconded by their subscribers, has led to a reduction of rates greatly below the actual cost to the Government. In his report for 1892 the Postmaster-General, after stating that the present letter rate pays twice the cost of the letter mail, says that the book and newspaper mail is carried at a loss of six cents a pound. In recent years the Post-Office Department has been characterized by a very progressive spirit, and it is now rendering, not a perfect service, but a high-class service. No other department has more nearly kept pace with the marvelous development of our country."

## Notes of all Sorts.

Selected.

A lobster's skin when shedding splits down the back and comes off in two equal parts. The tail slips out of the shell like a finger out of a glove.

The heaviest man whose weight is recorded authentically was Miles Darden, of Tennessee. He weighed a little less than one thousand pounds.

The largest man ever enlisted in the British army was Lieutenant Southernland. His height was about eight feet four inches, and his weight 364 pounds. A flowering plant is said to abstract from the soil two hundred times its own weight in water.

Certain parts of the hippopotamus' hide attain a thickness of two inches.

The skin is the only part of the body that is not hardened by age. The most curious use to which paper is to be put is that suggested by a recent patent covering a blotting paper towel.

Dr. Omanza, of Vienna, has invented a method of photographically registering the pulse beats.

The physiologists say that the right side of the brain is of more importance to organic life than the left.

Sun spots are believed to be openings in the sun's photosphere, or luminous envelope, through which the orb is seen.

One cubic inch of the clay used in Belgium for polishing glass has been found to contain 41,000,000 fossil shells of infusoria and other animalcules.

The river Amazon is the home of a species of tree-climbing fish, which scientists call callichthys. It is often found high up in trees three miles from water.

The ordinary carp, if it is not interfered with, will, it is said, live 500 years. There are now living in the Royal Aquarium in Russia several Carp that are known to be over 600 years old.

It is lawful in China to kill a grave robber the instant he is caught in his underhanded work.

The only quicksilver mines of importance in this country are located in Southern California.

Shoes were not made "rights and lefts" till the year 1472.

There are nearly 3000 stitches in a pair of hand-sewed boots.

Eighty-five per cent. of the people who are lame are afflicted on the left side.

## Free Pills.

Send your address to H. E. Bucklen & Co., Chicago, and get a free sample box of Dr. King's New Life Pills. A trial will convince you of their merits. These pills are easy in action and are particularly effective in the cure of Constipation and Sick Headache. For Malaria and Liver troubles they have been proved invaluable. They are guaranteed to be perfectly free from every deleterious substance and to be purely vegetable. They do not weaken by their action, but by giving tone to stomach and bowels greatly invigorate the system. Regular size 25c. per box. Sold by E. F. WHITEHEAD & Co., Drug-  
gist.

## Hospital for Dogs.

Washington Star.

"Dog physicians and dog hospitals are rather numerous in this city now," remarked a prominent dog fancier and kennel owner, "and they are doing a good business. Persons who own fine dogs are their customers, and they find it better and cheaper to send their sick or injured dogs to a hospital, where they can be treated and nursed by intelligent and educated physicians, than to give up their own time to them. The mortality of the dog hospitals, however, is rather large as yet, for people generally are not educated up to it, and do not send their dogs for treatment until they have tried all the remedies known to them. By that time the dog is in such a bad shape that there is little hope of his recovery. The dog hospital, therefore, comes in for the blame which is undeserving. It is the same way with surgical cases resulting from accidents, bites from other dogs and the like. The hospital is the last resort, and in the majority of cases blood poisoning has set in before the dog is sent for treatment. It is not surprising under the circumstances that the mortality is so large."

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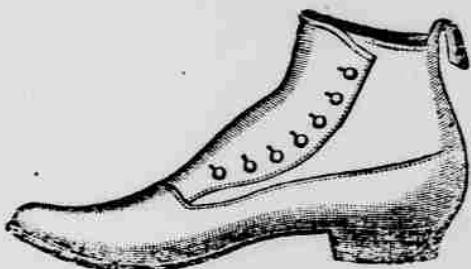
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- 5th—DENGUE FEVER.
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- 7th—NEURALGIA.
- 8th—LAGRIFFE.

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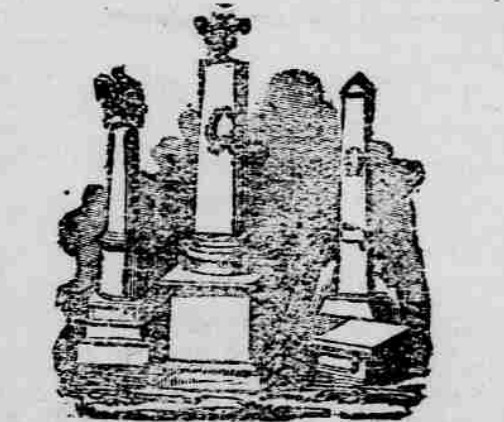
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## CONDENSED SCHEDULE.

TRAINS GOING SOUTH.			
Dated April 20, '96.	No. 23.	No. 35.	No. 41.
	Daily.	Daily.	Daily.
	A. M.	P. M.	A. M.
Lv. Weldon	11 55	9 44	
Lv. Rocky Mt.	1 00	10 39	
Ar. Tarboro.	12 20		
Lv. Rocky Mt.	1 05	10 20	6 00
Lv. Wilson	2 03	11 03	
Lv. Selma	2 53		
Lv. Fayetteville	4 20	12 53	
Ar. Florence	7 20	3 00	

TRAINS GOING NORTH.			
Dated April 20, '96.	No. 78.	No. 32.	No. 40.
	Daily.	Daily.	Daily.
	A. M.	P. M.	P. M.
Lv. Florence	8 15	7 25	
Fayetteville	10 55	9 30	
Lv. Selma	12 32		
Ar. Wilson	1 20	11 15	
	A. M.	P. M.	

TRAINS GOING SOUTH.			
Dated April 20, '96.	No. 78.	No. 32.	No. 40.
	Daily.	Daily.	Daily.
	A. M.	P. M.	P. M.
Lv. Wilmington	9 00	6 30	
Lv. Magnolia	10 37	8 02	
Lv. Selma	11 53	9 10	
Ar. Wilson	12 25	9 55	
	A. M.	P. M.	

TRAINS GOING NORTH.			
Dated April 20, '96.	No. 78.	No. 32.	No. 40.
	Daily.	Daily.	Daily.
	A. M.	P. M.	P. M.
Lv. Wilson	12 52	11 20	10 00
Ar. Rocky Mt.	1 48	12 02	10 40
Ar. Tarboro	2 23		
Lv. Tarboro	12 20		
Lv. Rocky Mt.	1 53	12 02	
Ar. Weldon	3 10	12 55	
	A. M.	P. M.	

Train on Scotland Neck Branch road leaves Weldon 3.55 p. m., Halifax 4.13 p. m., arrives Scotland Neck at 5.05 p. m. Greenville 6.47 p. m., Kinston 7.45 p. m. Returning leaves Kinston 7.20 a. m., Greenville 8.22 a. m., Arriving Halifax at 11.00 a. m., Weldon 11.20 a. m., daily except Sunday.

Trains on Washington Branch leave Washington 8.00 a. m., arrives at Farmville 8.50 a. m., returning leaves Farmville 6.10 p. m., arrives Washington 7.35 p. m. Daily except Sunday. Connects with trains on Albemarle and Raleigh Railroad and Scotland Neck Branch.

Train leaves Tarboro, via Albemarle & Raleigh road daily except Sunday, 4.40 p. m., Sunday 3.00 p. m., arrive Wilmington, 7.18 p. m., 4.20 p. m., Plymouth 8.30 p. m., 5.20 p. m. Returning leaves Plymouth, daily except Sunday, 6.00 a. m., arrive Tarboro 7.30 a. m., 9.58 a. m. Arrive Tarboro 10.40 a. m., 11.20 a. m.

Trains on Southern Division, Wilson and Fayetteville Branch leave Fayetteville Branch leave Fayetteville 5.30 p. m., arrive Rowland 7.11 a. m. Returning leave Rowland 7.35 a. m., arrive at Fayetteville 9.19 a. m. Daily except Sunday.

Train on Midland, N. C., Branch leaves Goldsboro, daily except Sunday 6.00 a. m., arrive Smithfield 7.30 a. m. Returning leaves Smithfield 8.00 a. m., arrive Goldsboro 9.30 a. m.

Train on Nashville Branch leaves Rocky Mount at 6.20 p. m., arrives Nashville 7.15 p. m., Spring Hope 7.40 p. m. Returning leaves Spring Hope 8.00 a. m., Nashville 8.35 a. m. Rocky Mount 9.15 a. m., daily, except Sunday.

Train on Clinton branch leaves Warsaw for Clinton daily except Sunday at 6.20 p. m., and 11.15 a. m. Returning leaves Clinton at 8.20 a. m., and 3.10 p. m. connecting at Warsaw for Clinton, daily, except Sunday at 6.20 p. m., and 11.15 a. m. Returning leaves Clinton at 8.20 a. m., and 3.10 p. m. connecting at Warsaw with Nos. 41, 40, 23 and 73.

Trains No. 57 South bound and 11 North will stop only at Rocky Mt., Wilson, Goldsboro and Magnolia.

Train No. 18 makes close connection at Weldon for all points North daily. All rail via Richmond, and daily except Sunday via Bay Line, also except Sunday, with Norfolk and all points north via Norfolk. JOHN F. DININE, J. R. KENLY, GENERAL SUP'T TRANS. T. M. EMMERSON, Gen'l Pass. Agt.

## NORFOLK & CAROLINA R. R.

## CONDENSED SCHEDULE.

Dated April 20, 1896.

Daily ex. Sun. South Bound Trains.		Daily ex. Sun. North Bound Trains.	
No. 103	No. 49	No. 45	No. 102.
P. M.	A. M.	P. M.	A. M.

2 10	8 40	Lv. Norfolk	Ar. 6 00	10 5
2 25	9 00	Parkers Point	5 35	9 30
2 50	9 29	Drivers	5 11	9 84
3 05	9 44	Suffolk	4 57	8 51
3 43	10 18	Gates	4 23	8 31
4 02	10 38	Tunis	4 05	8 15
4 30	11 00	Ahoskey	3 45	9 33
4 45	11 14	Aulander	3 31	7 58
5 25	11 57	Hobgood	2 54	7 19
5 50	12 20	Ar. Tarboro	2 35	6 55

Ar. Lv. No. 23 carries pullman parlor car. Norfolk to Rocky Mount and connects with A. C. L. Train 23 for all points south.

No. 103 connects at Hobgood for all eastern Carolina points, also at Rocky Mount with A. C. L. train 27 for all points south.

No. 78 carries pullman parlor car Rocky Mount to Norfolk and connects for all points north. For all information schedules call on or address

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